

30–Days First Words Activation Code

DESIGNED BY SPEECH AND LANGUAGE THERAPIST

Introduction

Welcome to the **30–Day First Words Kickstart!**

This program is designed to help your little one begin their language journey through fun, engaging, and structured activities. Instead of rushing through different ideas each day, this plan allows you to repeat and strengthen key foundational activities across 30 days – giving your child the consistency needed for real progress.

Each activity is carefully selected to stimulate early language development in toddlers, late talkers, and non-verbal children. Across the 30 days, you will rotate these powerful activities in a structured way, allowing repetition to build confidence, understanding, and vocal attempts.

This structured language stimulation plan targets early foundational communication skills, including:

- Sound imitation
- Requesting
- Action words
- Routine-based language
- Social interaction words
- Emotionally meaningful first words

Parents are encouraged to practice each activity multiple times throughout the day in playful, low-pressure situations. Repetition

is intentional. Language develops through consistent exposure, not novelty.

Even small sounds, gestures, eye contact, or word approximations count as progress.

Consistency is more important than perfection.

By repeating the same target words in different playful contexts, you strengthen neural pathways and reinforce learning in a natural, developmentally supportive way.

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Activity 1: Animal Sounds Imitation

Target: Imitate animal sounds.

Why This Works: Animal sounds are simple, fun, and engaging for toddlers. They encourage vocalization and imitation, which are crucial for language development.

How To Do It:

1. Gather some animal toys or pictures.
2. Make the sound of each animal (e.g., "Moo" for cow, "Baa" for sheep).
3. Encourage your child to imitate the sounds. Make it playful and silly!

Materials Required: Animal toys or pictures.

How Often: Daily, for 5-10 minutes.



Activity 2: Stop & Go Car Game

Target: Understanding and responding to the words "Stop" and "Go."

Why This Works: This game associates actions with simple commands, helping children understand and follow instructions.

How To Do It:

1. Get a toy car.
2. Say "**Go!**" and push the car forward.
3. Say "**Stop!**" and hold the car still.
4. Encourage your child to say "Go" and "Stop" as you play.

Materials Required: Toy car.

How Often: Daily, for 5-10 minutes or as much child can enjoy.



Activity 3: More – Water Play Requesting

Target: Requesting "More."

Why This Works: Water play is naturally engaging, and creating a slight obstacle (needing your help to pour more water) encourages the child to ask for "more."

How To Do It:

1. Set up a water play activity with cups and containers.
2. Pour a small amount of water into a container.
3. When the child wants more, pause and encourage them to say "More!"
4. Immediately give them more water when they request it.

Materials Required: Water, cups, containers.

How Often: Daily, for 5-10 minutes.



Activity 4: I Like to Eat Song

Target: Identifying and naming food items.

Why This Works: Songs are memorable and engaging. This activity helps children associate words with different foods.

How To Do It:

1. Sing a simple song like "I like to eat apples, apples, apples!"
2. Use real food or pictures of food.
3. Encourage your child to sing along and name the foods.

Materials Required: Real food or pictures of food.

How Often: Daily, for 5-10 minutes.



Activity 5: Brush Teeth Routine Song

Target: Understanding and naming items related to brushing teeth.

Why This Works: Integrating language into daily routines makes learning practical and relevant.

How To Do It:

1. Sing a song during the teeth brushing routine (e.g., "Brush, brush, brush your teeth").
2. Name the items involved (toothbrush, toothpaste).
3. Encourage your child to participate and name the items as well.

Materials Required: Toothbrush, toothpaste.

How Often: During daily teeth brushing.



Activity 6: Blow Candle Celebration Game

Target: Imitating blowing actions and associating them with celebration.

Why This Works: This activity combines physical action with a fun, celebratory context, making it memorable and engaging.

How To Do It:

1. Use a toy candle or pretend to have a candle.
2. Say "Blow!" and demonstrate blowing out the candle.
3. Encourage your child to imitate the blowing action and say "Blow!"
4. Celebrate with clapping and cheering.

Materials Required: Toy candle or pretend candle.

How Often: Daily, for 5-10 minutes.



Activity 7: Cut Fruit Action Play

Target: Learning action word-cut and fruit names.

Why This Works: This activity combines real-life actions with naming fruits, enhancing understanding and vocabulary.

How To Do It:

1. Use a toy knife and cut soft fruits (banana, strawberry).
2. Say "Cut, cut, cut the banana!" as you cut.
3. Encourage your child to repeat the action and the words.

Materials Required: Toy knife, toy fruits 2 piece (banana, strawberry).

How Often: Daily, for 5-10 minutes.



Activity 8: Toy Toilet Pretend Play

Target: Naming and understanding potty-related words.

Why This Works: Pretend play makes learning about toilet training less daunting and more approachable.

How To Do It:

1. Use a toy toilet and dolls or stuffed animals.
2. Act out the steps of using the toilet (sit, pee/poop, flush).
3. Say the words related to the activity (toilet, pee, poop, flush).
4. Encourage your child to participate and repeat the words.

Materials Required: Toy toilet, dolls or stuffed animals.

How Often: Daily, for 5-10 minutes.



Activity 9: My — Possession and Turn Taking Game

Target: Learning the concept of ownership and turn-taking.

Why This Works: This activity teaches children about sharing and using the word "Mine" appropriately.

How To Do It:

1. Use a few toys that are appealing to your child.
2. Take turns playing with the toys, saying "Mine!" when it's your turn.
3. Encourage your child to say "Mine!" when it's their turn.
4. Promote turn-taking and sharing.

Materials Required: Toys.

How Often: Daily, for 5-10 minutes.



Activity 10: Open – Surprise Box Game

Target: Requesting to open something, anticipation.

Why This Works: The element of surprise makes this activity exciting and encourages the child to ask to "Open" the box.

Note-Use a transparent box with a colourfull object inside

How To Do It:

1. Fill a box with toys or interesting objects.
2. Close the box and encourage your child to ask "Open!"
3. Open the box and reveal the surprise. Say Open everytime you open with excitement-"OPEN"
4. Repeat with different situations.

Materials Required: Box, toys, door or interesting objects.

How Often: Daily, for 5-10 minutes.



Activity 11: Name Response Game

Target: Responding to their name.

Why This Works: Responding to one's name is a crucial skill. This game reinforces the association between the name and the child.

How To Do It:

1. Call your child's name in a playful, engaging tone.
2. When they look at you, smile and give them attention or a small reward.
3. Repeat frequently throughout the day.

Materials Required: None.

How Often: Throughout the day.



Activity 12:

Mama / Dada Emotional Call Game

Target: Calling for "Mama" or "Dada" when upset or needing comfort.

Why This Works: This activity encourages the child to use their words to seek comfort and support from their caregivers.

How To Do It:

1. When your child is upset or needs comfort, encourage them to call for "Mama" or "Dada."
2. Respond immediately with comfort and reassurance.
3. Reinforce the connection between calling for you and receiving comfort.

Materials Required: None.

How Often: As needed.



Conclusion

Congratulations on completing the **30-Day First Words Kickstart!**

Remember, consistency and playful interaction are the foundation of early language growth. Continue practicing these activities and adapt them to match your child's interests, motivation, and developmental level.

Small, daily efforts create meaningful long-term change. Your intentional involvement makes a powerful difference in your child's communication journey.

If you would like personalised guidance beyond this plan, I offer customised parent training designed to help you apply structured strategies specific to your child's level. Many parents see significant progress when intervention becomes targeted and consistent.

You may also book an online consultation where I assess your child's current communication stage and provide a clear, practical home plan with next steps. Once you achieve those goals, you can schedule a follow-up session for advanced guidance and progression planning.

Structured support. Clear direction. Measurable growth.

I look forward to supporting you further on your child's language journey.

[BOOK SPEECH THERAPIST CONSULTATION](#)

[CHECK FREE RESOURCES THAT MAY HELP YOU](#)

The First Words Activation Code™

12-Day Colorful Progress Tracker

Activity	Date	What Did My Child Say / Attempt?	Notes / Observations
1. Sounds Imitation			
2. Stop, go Game			
3. More – Water Play			
4. I Like to Eat Song			
5. Brush Teeth Routine			
6. Blow Candle Game			
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